

## TRAUMA AWARENESS WORKSHOP, January NG 2013

team - Julei (JJ), Jerusha (JR), Katherine (KK), Malcolm (MM), Anna (AA), Rosemary (RR)

### SESSION 1 - *all as one group*

- JJ 1 Welcome & Introduction to Facilitators
- RR 2 Connection (resilience)
- RR (V) 3 Agenda
- KK 4 Special Name Game - last three names
- JJ 5 What's a Topic Advanced Workshop - the need for a more typical advanced workshop.
- RR 6 The Storm - (*together*) = **paint (5 tubes or 2 litre bottles each colour, water colour acrylic), paint brushes, sponges, canvas (J&J),**
- MM 7 Lift: Cool Wind Blows
- JR/JJ 8 R U Listening?? - **boring text (Julei bring).**
- AA 9 The Listener (popcorn discussion) **Target responses nadine**
- KK/RR 10 Reflection
- JR 11 U choose!!!!
- AA 12 Closing Knee slap

### SESSION 2 - *divide group*

- MM 1. Welcome Back!
- JJ V *divide group* 2. Agenda AA JR - RR KK (MM JJ)
- JR KK 3. Connection One word that describes trauma to me is... (*separate*)
- AA/RR 4. Let's Get Physical (*separate*) **jj make poster. 2xflashcards**
- JR/KK 5. Circle Game (*separate*)
- JJ 6. Lift its not easy being green (*altogether*)
- MM 7. Reflection & Closing Thumbs

### SESSION 3 (*largely together and in small groups*)

- JR 1. Welcome Again!
  - KK/MM 2. Connection - how trauma impacts me (*together or apart?*)
  - KM V 3. Agenda
  - AA/RR/JJ 4. SUDS - **small room, projection equipment, what format (dvd with computer, SUDS poster. Check trailer usb with computer, macs or pc, our trailer in)**
  - JR 5. Transforming Power and Keys - (6 groups of five each - in one room) (introduce keys) - **need 6 sets of keys**
  - JJ 6. Cyclonic Sharing - join 2 groups
- Afternoon Break

### SESSION 4

- AA 1. Welcome back
- 2 Agenda

- 3 Safe Place - *draw individually, share in small groups*
- RR JJ 3. Dial Back
- 4 Lift
- 5 Sculpture - (*split into 4 groups*)
- 6. Reflection & Closing - Rainstorm

#### SESSION 5

- 1. Welcome to Day 2  
Welcome Stretch or Wake up the Jungle
- 2. Agenda
- 3. Connection My special name is...A strength I have gained from trauma
- 4. River of Life Drawing - *individual drawing*,
- 5. My Story Your Listening - *in triads* (see Three Reflections: Listening Request)
- 6 Reflection & Closing XXXXX

#### SESSION 6

- 1. Welcome Again!
- 2. Connection My special name is... Why trust is important to me.....
- 3 Agenda
- 4 Past Present and Future - River of Life (*6 groups?*)
- 5 Reflection & Closing: River of Life Song

#### SESSION 7

- 1. Welcome Again!
- 2. Connection: My special name is..., A time someone else's trauma impacted me ...
- 3. Agenda
- 4. Speak OUT
- 5.
- Afternoon break

#### SESSION 8

- 1. Welcome Again!
- 2 Connection My special name is... How I can be of value to my community.....
- 3 Agenda
- 4 Tree of Trust. **Cut out leaves**
- 5 Three Wishes
- 6 Ungathering Something I have learnt from this workshop and how I am going to look after my learning
- 7 Where to From Here
- 8. Graduation
- 9. Reflection & Closing - Web and/or Snail